

Sessions Explained

Aqua Aerobics: A water-based workout that includes cardio, body conditioning, but most of all is exhilarating beyond belief!

Aqua Fusion: Looking for something different? Something fun? Well Aqua Fusion mixes up Cardio, Strength, Core and of course a little bit of dance to create a high intensity Aqua Workout. A 45min Boot Camp to keep your beach body ready all year round.

Leisure Swimming: Race down the flumes, relax in the lazy river and ride the waves in our action packed leisure swimming sessions. There's even a dedicated baby and toddler pool for our younger swimmers.

Lane Swimming: Swimming is a great all round exercise whatever your ability and you can set your own pace in these dedicated sessions.

Swimfit: Fully qualified staff will be present at poolside to provide advice and assist in developing strength fitness and technique. Swimmers must be at competent level.

Ladies Only: Relax with a session for females only. Boys under the age of 5 may attend these sessions.



Learn to Swim



Lessons available from Birth - Adult
Find out more:
siv.org.uk/lessons

Suitable for **All Abilities**

Prices

	lifeCARD	
	Adult	Junior
Casual Swimming		
Lane Swimming	£4.80	£2.80
Leisure Swimming	£4.80	£2.80
Family Swim (2 adults and 1 child or 1 adult and 2 children)	£9.20	
Family Swim (2 adults and 3 children)	£15.00	
Age UK Swim	£2.55	
Baby Splash	£3.85	£2.55
Shallow Water Swimming	£3.85	£2.55
Disability & Autism Friendly Sessions	£3.85	£2.55
Ladies Only	£3.85	£2.55
Swimming Lessons (Paid by monthly direct debit)	£28.50	

Swimming Guidelines & Admissions Policy

Children under 4 years old must be accompanied by a responsible person aged 16 or over on a 1-to-1 ratio. Children aged between 4 and 7 must be accompanied by a responsible person aged 16 or over on a two to one ratio. Children aged 8 or over can enter the pool unaccompanied.

All timetables are correct at the time of print and are subject to change.

For the most up-to-date timetable or to view any alterations please visit www.siv.org.uk/swimming.

Non-lifeCARD holders:
Enjoy our activities by paying a per-activity charge of £3 per adult or £1.50 per child

Download our App for timetables, offers & bookings Search 'SIV lifecard'



We are **proudly** open to all



Buy yours today!

Ponds Forge International Sports Centre
Sheaf Street
Sheffield
S1 2BP



Swimming Timetable & Price Guide



Save with **Swim Unlimited Membership**

January 2019



The Leisure Pool

Monday

Aqua Aerobics	10.15am - 11.00am
Baby Splash (6 months - 4 years)	11.00am - 12.00pm
Age UK	12.00pm - 1.30pm

Tuesday

Aqua Aerobics	10.15am - 11.00am
Ladies Only	11.00am - 12.00pm
Disability & Autism Friendly Session	12.00pm - 1.30pm
Aqua Fusion	7.20pm - 8.05pm

Wednesday

Age UK	10.00am - 11.00am
Shallow Water Swimming	11.00am - 1.30pm

Thursday

Aqua Aerobics	10.15am - 11.00am
Ladies Only	11.00am - 12.00pm
Disability & Autism Friendly Session	12.00pm - 1.30pm

Friday

Shallow Water Swimming	12.00pm - 1.30pm
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Saturday

Leisure Swimming	10.30am - 1.30pm
Leisure Swimming	2.15pm - 5.15pm

Sunday

Leisure Swimming	10.30am - 1.30pm
Leisure Swimming	2.15pm - 5.15pm



The Competition Pool

Monday

Lane (25m) Swimming	6.30am - 10.00pm
Age UK	12.00pm - 2.00pm
Swimfit	8.30pm - 9.30pm

Tuesday

Lane (25m) Swimming	6.30am - 3.15pm
Swimfit (Held in the Diving Pit)	6.45am - 8.15am
Lane - Limited Availability	3.15pm - 4.00pm
Lane (50m) Swimming	4.00pm - 10.00pm

Wednesday

Lane (25m) Swimming	6.30am - 3.15pm
Lane - Limited Availability	3.15pm - 4.00pm
Lane (50m) Swimming	4.00pm - 10.00pm

Thursday

Lane (25m) Swimming	6.30am - 3.15pm
Swimfit	7.00am - 8.00am
Swimfit	12.00pm - 1.30pm
Lane - Limited Availability	3.15pm - 4.00pm
Lane (50m) Swimming	4.00pm - 10.00pm

Friday

Lane (25m) Swimming	6.30am - 3.15pm
Age UK	12.00pm - 1.00pm
Lane - Limited Availability	3.15pm - 4.00pm
Lane (50m) Swimming	4.00pm - 9.30pm
Swimfit	7.30pm - 9.30pm

Saturday

Lane (50m) Swimming	8.00am - 8.00pm
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Sunday

Lane (50m) Swimming	8.00am - 8.00pm
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Please check our website for weekend lane swimming times. Times may change due to swim events & competitions.

For the most up-to-date timetable or to view any alterations please visit www.siv.org.uk/swimming

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